

Speech and Language Therapy

Helping you communicate

The Speech and Language Therapy Service is for adults with communication difficulties, or who have difficulty eating and/or swallowing.



Happier | Healthier | Hopeful

Communication difficulties

People with communication difficulties may have problems:

- making speech sounds
- understanding language
- putting words together
- with stammering
- with their voice (such as persistent hoarseness)
- with their social communication skills.

There are many medical conditions that could cause these.

Difficulty eating and/or swallowing

Difficulty eating and/or swallowing may be the result of injury, surgery, or a neurological condition such as a stroke.

What happens?

Assessment: First, your speech and language therapists will assess your difficulty.

Plan: If appropriate, they will work with you to develop an individual therapy / management programme

Support: Your therapist will support you as you work through your programme. They will help you manage your communication and/or feeding skills.

How do I access the service?

For communication difficulties you can self-refer to a speech and language therapist by contacting your local team, see over. For eating / swallowing difficulties, the speech and language therapist will need a written referral from a relevant medical professional e.g. GP, consultant, district nurse etc

Find out more

NHS Choices

Speech and language therapy

www.nhs.uk/video/pages/speechandlanguagetherapy.aspx

Stroke Association

Communication problems after stroke

www.stroke.org.uk/what-stroke/common-problems-after-stroke/communication-problems



Swallowing problems after stroke

www.stroke.org.uk/what-stroke/common-problems-after-stroke/swallowing-problems

Contact us

Carlisle

Speech & Language Therapy – Adult Services
Cumberland Infirmary
Newtown Road
Carlisle CA2 7HY
01228 814730 or 01228 814346

Whitehaven

Speech & Language Therapy – Adult Services
West Cumberland Hospital
Homewood Road
Hensingham
Whitehaven CA28 8JG
01946 693181 (ext 22907)

Confidentiality

‘The Trust’s vision is to keep your information safe in our hands.’

We promise to use your information fairly and legally, and in line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email Information.Governance@cumbria.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call: **01228 603890**
E: communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
Voreda House | Portland Place | Penrith | CA11 7QQ



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